

SE Region HHI Report  
March 2014

**Ashley:**

**Nutrition:**

- implementing Farmers Market in Crossett - open Mon-Sat 7:30am- 5pm! took LHU brochures and distributed
- Implementing Strong Women & Reshape Yourself Classes - i shared LHU Brochures with 25 participants
- implementing-Healthy Cooking classes at New Bethel Church in Crossett - had 4 classes in March - i gave co-op ext "know your #'s" cards for 48 participants
- implemented walk across arkansas with 32 teams
- implmenting SnapEd with co-Op ext parent teacher nutrition program at crossett elem,Wilmot, and Portland, i talked to pre-k students about my plate
- implmenting organ wise guys with co-op ext in wilmot and portland - gave out tip sheets on kids exercises to 48 students
- implementing parent/kid healthy snack in hambug elementary workign with co-op gave out pencils to students

**Physical Activity:**

- implementing "Take 10" in Hamburg at Sr. Citizen Center along with their exercise equipment - worked with senior citizens and gave demo with video showed how to do exercises with stretchy bands with 10 participants
- Implemented walk across Arkansas
- implementing Renew You Weight Loss Boot Camp had with 2 classes a month in Crossett and Hamburg had a total of 32 participants - i talked about injury prevention and know your #'s, and LHU services
- Implementing - Yoga for Elementary - Wilmot and Portland Elem - 180 Students - working with co-op ext - gave out exercise tip sheets

**Tobacco:**

- implementing SOS campaign with Hood packaging -gave fax back referrals
- Implementing SOS campaign with all blood pressure machines & health fairs - had 118 screenings for March
- implementing SOS Campaign in paper, SOS ads displayed in paper
- implementing -working with local businesses to go tobacco free by posting SOS flyers in breakrooms and bathrooms
- continuing to work with Georgia Pacific monthly with giving sos fax back referral forms, tobacco updates, grant information, flyers, posters -
- implemented SOS campaign with health fairs held at minority health and baby safety shower

## **Desha:**

### **Nutrition:**

Continues to work with the City of Dumas and a grant from Mid-South Foundation (increase physical activity and increase access to healthy foods), we are currently working on phase 2 signage for our the walking trail and the inside walk arena of the Dumas Community Center where persons walking will read signs that will have healthy options/tips to encourage healthier choices. This phase is to be completed by spring 2014. Phase 3 will take place at the Farmers Market also later in the late spring or early summer of 2014 (like phase 1 plus a nice big sign at New Farmers Market Stand).

This plants the seeds of repetition of education for healthy options and life style changes.

No changes, working on the signage....

Working on Cook Smart: Eat Smart with partners of coalition

### **Tobacco:**

Held 2 Baby safety Showers

## **Drew:**

Participated in the UAM Wellness Fair and provided information on the LHU services, Nutrition and tobacco. There were over 300 that participated.

## **Lee:**

### **Nutrition:**

March is National Nutrition Month: a variety of nutrition brochures and healthy recipes were placed in the front lobby and the local library during the month of March.

## **Lincoln:**

### **Nutrition:**

CONTINUING: Jane Newton has a display in the lobby of the health unit highlighting healthy eating practices---this is changed out monthly---the topic for the month of March highlighted "Calcium". Jane placed the Right Bite newsletter on the table along with pocket pal handouts on portion sizes. She placed 25 of these and 25 were taken by our clients.

### **Physical Activity:**

CONTINUING: The Aerobic Swimming Classes continue to be held at the aerobic pool in Star City. The Men's Exercise program has been expanded to 3 additional sessions per week at the Aerobic Swimming Pool. This is an on-going program along with the program for the women. No educational material shared this month. These classes are very well attended by the community and have an average attendance of 20-30 at each session offered. Men and women both participate in these aerobic swimming exercises weekly.

## **St. Francis:**

### **Physical Activity:**

The Community wide fit 2 win competition is going on. Optional weigh-ins were held the first week of March. There are 94 participants.

### **Nutrition:**

Healthy Meals were provided during spring break at the Warren Faupel Center for those children who attended. There were about 70 children who attended each day

## **CHNS/CHPS**

### **Cassie Lewis**

- Provided two Child Maltreatment trainings for schools in Arkansas River Education Cooperative- AM & PM Sessions (evaluations very good and received good questions from the group).
- Meeting with two new nurses to check on status in Schools.
- Met with Lee County Superintendent about grant application for athletic hydration equipment for school and got necessary signatures for application.
- Met with Brinkley School Nutrition supervisor to talk about Wellness Committee meetings. Next meeting on April 7th. Will bring in Rosemary Withers in to talk to group about revamping wellness policies and strategies to improve participation in wellness meetings.
- Met with Forrest City High School Principal and team to talk about plans for the upcoming Safe Prom Even scheduled for May. Spoke to Hughes and Brinkley Superintendents about busing their students to the event. Hughes agreed to bus students. Brinkley declined to attend the event.
- Visit with Hughes administration and school nurse. Plans for a fun day and mini health fair for teachers and school staff on May 2nd. St. Francis Co. HHI will provide healthy snacks for the event.
- March 24-March 28 Spring Break Festival for students in low income housing area. Sponsored by St. Francis Co. HHI and Semper Fidelis Women and Girls club. CHNS attended 3 days and provided health education including tobacco, bullying, appropriate etiquette, communication and managing manners to the group. 75-100 children and some adults attended the activities daily. Media coverage provided by announcements of events provided by CHNS. Verbal evaluations at the end of each event from the youth were very positive and 100% said they would attend again next year. Tobacco coloring books provided for about 200 youth at the Annual Spring Break Fest during Spring Break.

### **Liz Mercer**

- Received Arkansas Cancer Coalition grant for \$1000.00 for outreach on ACT 811: for the month of April and May Banners will be placed at the pick-up and drop off for children at all elementary school for one week each, placing posters in all elementary schools and sending home fact cards with ACT 811 on them.
- Participated in two Webinars- e-Cigarettes and Policy Changes and Webinar- Lies, Tricks, Cover –ups- An update on Tobacco Industry Tactics.
- Facilitated two sessions of Child Maltreatment at ARESC (provided by Cassie Lewis, CHNS): 21 participants.
- Provided Disaster Preparedness booklets, Received and ordered Emergency preparedness supplies, discussed Immunization clinics in schools for Dollarway School District.
- Received and ordered Emergency preparedness supplies, School visits made to discuss Immunization clinics in schools with six districts in the ARESC area (Jefferson, Grant and Arkansas counties).
- Attended E-school training at ARESC - the program school nurses will be entering BMI, Vision, Hearing, and Immunization Data
- Reported and Reviewed with ARESC Board Members at their monthly meeting: progress on ACT 811 Cancer Coalition Grant, New Immunization Information, Commissioner’s Memo on Medical Waste Disposal for school districts and Changes in School Tobacco Laws- ACT 1099 and reviewed forms of tobacco.
- Attended Grant County Hometown Health Coalition meeting: reviewed Coalition goals, Tobacco Grant Sponsorship 500.00 for High School Seniors for College, Injury Prevention Grant- providing Helmets and knee pads , ATV prevention and discussion on how to get sexual/drug abuse in schools.
- Attended Jefferson County Growing Healthy Communities; discussed Communities projects, Diabetes awareness and presentation on Healthy Food from the Fishing Industry.

- Attended Southeast Region LHU Administrators Meeting; reviewed new Immunization Laws and Clinics to be provided in school setting.
- Attended CHNS meeting in LR- discussed new immunization laws with Paula Smith.

#### **Lisa England**

- Spent several days with new CHNS from ARESC.
- Currently in the planning stage for SEARK Children's Festival scheduled for April which is a Celebration of the Young Child in Monticello at McCloy Park for families from Chicot, Desha, Ashley, Bradley, and Drew counties.
- Partnering with SEARK ESC CSH AmeriCorps program.
- Assisting SEARK Minority Youth Tobacco Prevention Initiative.
- Attended Southeast Region LHU Administrators Meeting; reviewed new Immunization Laws and Clinics to be provided in school setting.
- Attended CHNS meeting in LR- discussed new immunization laws with Paula Smith.

#### **Rosemary Withers**

- Received and provided update at Pine Bluff School Based Health Clinic meeting.
- Provided technical assistance at Pine Bluff Lighthouse wellness meeting.
- Participated in Arkansas County Partners in Health meeting.
- Participated in CHAC meeting.
- Participated in CHPS meeting.
- Participated in No Kids Hungry Campaign event.
- Organized, planned, and facilitated Jefferson County Growing Healthy Communities celebration meeting; provided presentation on the goals and objectives for the coalition (25 participants).
- Provided update at SE Region Hometown Health Administrator meeting.
- Provided nutrition education training at UAMS Kids' First meeting (45 participants).
- Met with Co-op Director and provided updates.